

Chicken Skillet Casserole - Freeze Dried Pantry

This recipe makes 3 servings



Ingredients

2 Tbsp chopped leeks or onion
½ cup freeze-dried chopped carrot
2 Tbsp freeze-dried chopped celery
¼ cup freeze-dried spinach
1 tsp freeze-dried parsley
¼ cup freeze-dried peas
1 Tbsp freeze-dried peppers
2 cups freeze-dried chopped or shredded cooked chicken
2 Tbsp freeze-dried chopped mushrooms
¼ cup freeze-dried milk
1 ¼ to 1 ½ cups water
freeze-dried rice of choice

Directions:

1. Add all ingredients (except rice) to a skillet on the stovetop, including the water.
2. Let sit for 5 minutes to begin rehydration.
3. Heat over medium, bringing to a low boil. Cook until the mixture thickens slightly.
4. While the casserole is cooking, rehydrate your favorite freeze-dried rice.
5. Serve the casserole over the rehydrated rice.
6. Store any leftovers properly.

Notes:

Rehydrating on the stove allows the ingredients to absorb water evenly while maintaining a consistent temperature, which helps restore their original texture and flavor. Cooking over heat also helps blend flavors and slightly thickens the dish for a better consistency.

Nutritional Value Per 1 serving

Calories: 430 Protein: 40 g Fat: 4.5 g Carbohydrates: 60 g Sugar: 8 g Fiber: 4 g